

The embodiments of the invention in which an exclusive property or privilege is claimed are defined as follows:

1. Apparatus for assisting a person in the performance of a squat exercise in which the person's feet are juxtaposed with a generally horizontal support surface, with the toes of each foot located forward of the heel of the foot, and the person's knees are flexed to lower and raise the person's trunk relative to the person's feet, each of the feet including toes and a heel, the apparatus comprising:

a basal surface for placement relative to the generally horizontal support surface and establishing a prescribed toe position for each foot of the person's feet such that the toes of each foot are located at a corresponding prescribed toe position relative to the basal surface when the person's feet are juxtaposed with the generally horizontal support surface;

a stop surface placed at a stop position elevated vertically above each toe position and juxtaposed with a stop plane extending generally vertically upwardly from the support surface and intersecting the support surface adjacent to and no farther forward than the toe position such that a knee corresponding to the foot will confront the stop surface rearward of the stop plane upon locating the toes of the foot at the corresponding toe position; and

at least one support member extending between the basal surface and the stop surface to place the stop surface at the stop position so that during execution of the squat exercise, movement of the corresponding knee in a forward direction beyond the stop plane essentially will be precluded by engagement of the corresponding knee with the stop surface.

2. The apparatus of claim 1 including a basal member, the basal surface being located on the basal member and configured for resting upon the support surface, and a platform juxtaposed with the basal surface for receiving the foot, with the toes of the foot located at the corresponding toe position.

3. The apparatus of claim 2 wherein the platform is placed immediately above the basal surface such that the person's weight will anchor the apparatus in place on the support surface during execution of the squat exercise.

4. The apparatus of claim 1 including a stop member, the stop surface being located on the stop member, the stop member being curved along a forward central portion thereof and establishing a concave seat juxtaposed with the stop plane for seating the corresponding knee during execution of the squat exercise.

5. The apparatus of claim 1 including a stop member, the stop surface being located on the stop member, and a protective cushion on the stop member for interposition between the stop member and the corresponding knee.

6. The apparatus of claim 1 wherein the support member comprises at least one column for extending adjacent a corresponding leg of the person to retain the stop surface at the stop position.

7. The apparatus of claim 6 wherein the support member comprises two columns spaced apart laterally from one another for accepting the corresponding leg between the two columns upon placement of the foot with the toes of the foot located at the corresponding toe position.

8. The apparatus of claim 7 including a basal member, the basal surface being located on the basal member and configured for resting upon the support surface, and a platform juxtaposed with the basal surface for receiving the foot with the toes of the foot located at the corresponding toe position.

9. The apparatus of claim 8 wherein the platform is placed immediately above the basal surface such that the person's weight

will anchor the apparatus in place on the support surface during execution of the squat exercise.

10. The apparatus of claim 9 including a stop member, the stop surface being located on the stop member, the stop member being curved along a forward central portion thereof and establishing a concave seat juxtaposed with the stop plane for seating the corresponding knee during execution of the squat exercise.

11. The apparatus of claim 10 including a protective cushion on the stop member for interposition between the stop member and the corresponding knee.

12. Apparatus for assisting a person in the performance of a squat exercise in which the person's feet are juxtaposed with a generally horizontal support surface, with the toes of each foot located forward of the heel of the foot, and the person's knees are flexed to lower and raise the person's trunk relative to the person's feet, each of the feet including toes and a heel, the apparatus comprising a pair of separate units, each unit including:

a basal surface for placement relative to the generally horizontal support surface and establishing a prescribed toe position for one foot of the person's feet such that the toes of

the one foot are located at a prescribed toe position relative to the basal surface when the person's feet are juxtaposed with the generally horizontal support surface;

a stop surface placed at a stop position elevated vertically above the toe position and juxtaposed with a stop plane extending generally vertically upwardly from the support surface and intersecting the support surface adjacent to and no farther forward than the toe position such that a knee corresponding to the one foot will confront the stop surface rearward of the stop plane upon locating the toes of the one foot at the toe position; and

at least one support member extending between the basal surface and the stop surface to place the stop surface at the stop position so that during execution of the squat exercise, movement of the corresponding knee in a forward direction beyond the stop plane essentially will be precluded by engagement of the corresponding knee with the stop surface.

13. The apparatus of claim 12 including a basal member, the basal surface being located on the basal member and configured for resting upon the support surface, and a platform juxtaposed with the basal surface for receiving the one foot, with the toes of the one foot located at the prescribed toe position.

14. The apparatus of claim 13 wherein the platform is placed immediately above the basal surface such that the person's weight will anchor the apparatus in place on the support surface during execution of the squat exercise.

15. The apparatus of claim 12 including a stop member, the stop surface being located on the stop member, the stop member being curved along a forward central portion thereof and establishing a concave seat juxtaposed with the stop plane for seating the corresponding knee during execution of the squat exercise.

16. A method for assisting a person in the performance of a squat exercise in which the person's feet are juxtaposed with a generally horizontal support surface and the person's knees are flexed to lower and raise the person's trunk relative to the person's feet, each of the feet including toes and a heel, the method comprising:

locating the toes of each foot forward of the heel of the foot and placing the foot such that the toes of the foot are located at a prescribed toe position relative to the support surface; and

placing a stop surface at a stop position elevated vertically above each toe position and juxtaposed with a corresponding stop plane extending generally vertically upwardly from the support

surface and intersecting the support surface adjacent to and no farther forward than a corresponding toe position such that a knee corresponding to the foot confronts the stop surface rearward of the stop plane whereby during execution of the squat exercise, movement of the corresponding knee in a forward direction beyond the corresponding stop plane essentially is precluded by engagement of the corresponding knee with the stop surface.

17. The method of claim 16 including anchoring the stop surface relative to the support surface with the weight of the person applied adjacent the toe position.

18. The method of claim 16 wherein each foot is placed such that the toes of the foot are located at a prescribed toe position in a corresponding one of separate units, and a stop surface is placed at a corresponding stop position in each separate unit, enabling selective relative positioning of the separate units for tailoring the squat exercise so as to better exercise particular selected muscles.

19. The method of claim 16 including placing a protective cushion at the stop surface for engagement by the corresponding knee during execution of the squat exercise.